

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

J. D. DUNSHEE, M.D., Director

Weekly Bulletin



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JUL 7 1935
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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912. Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. XIV, No. 24

July 13, 1935

GUY P. JONES
EDITOR

ALLERGY

By GEORGE ALEXANDER GRAY, M.D., Visiting Staff of the Santa Clara County Hospital, San Jose

Readers should be interested in the subject of allergy as its two outstanding diseases, hay fever and asthma, depend a great deal on what the individual inhales from the air. The term "allergy," in this country, is generally applied to conditions of specific hypersensitiveness to proteins, such as pollen emanations, bacteria, and foods.

By atrophy, "a strange disease," is meant an allergic condition of human hypersensitiveness, and seems to have a very definite hereditary influence. At present we consider asthma and hay fever as the outstanding atopic diseases; but, as time progresses, undoubtedly eczema and various idiosyncrasies to certain drugs and foods will also be included in this group.

Study of this disease reveals that allergy is essentially a form of immunology, and the reactions that occur and manifest themselves by difficult breathing—in the case of asthma, sneezing, running of the eyes, etc.—as in hay fever, are really physiological reactions caused in the body by an irritating factor, or antigen. This results in the development in the body of the so-called immune factor, or antibody-like substance that acts on susceptible or sensitive tissue in the individual, either the bronchial tubes or the mucous membranes of the eyes and nasal passages.

Heredity is a very definite factor in allergic condition; and almost always if a very careful history is taken in asthmatic or hay fever sufferers, a history of

a similar condition or of one of the allied allergic diseases, such as eczema, chronic colds, migraine headaches, etc., can be found in a parent, grandparent, etc. The frequency with which the offspring will develop allergic symptoms will depend to a considerable degree upon the factor of whether an allergic history is present in both the father and the mother, or merely in one parent. A parent may have a hay fever idiosyncrasy while the child may develop asthma or some type of skin manifestation. The more definite the heredity, the earlier the symptoms will develop in the offspring.

Not all allergic individuals develop symptoms but all are susceptible to the excitants; and if an individual is exposed to an irritating factor in sufficient concentration, symptoms may be produced.

True bronchial, atopic asthma is most frequently hypersensitive to the protein in some food, or to inhalations, such as of feathers, dust, or emanations of animals, such as horse hair, cat and goat hair, etc., and, thirdly, to bacteria. The latter cases frequently follow an infectious disease, as pneumonia, or whooping-cough. The longer asthma persists in an individual the less chance he has of completely overcoming it; and it is for this reason that the skin tests should be performed as soon after the onset of the symptoms of the disease as possible, in order to find the causative factor in the case and hurry the cure.

Asthma in children is usually due to food; while in adults it is most often due to the combinations mentioned in the preceding paragraph. When an individual has had asthma for a number of years, certain changes take place in the lungs, causing stretching of the normal elastic tissue and developing a condition known as emphysema, which may be likened to rubber tissue that has lost its elasticity.

Hay fever and its closely related condition known as allergic rhinitis are usually due to inhalation of pollens of the various grasses, trees, and flowers. Pollens from grasses and trees are by far the most important factor in hay fever and are usually seasonal in character. Flowers seldom are trouble makers by themselves. In California we may have some type of pollination occurring throughout the entire year.

Pollens can also be a very important factor in various types of skin diseases, producing what is known as a pollen dermatitis, or eczema, which is a chronic skin rash due to the fact that the pollen produces the irritation on the skin of the susceptible individual, rather than in the mucous membranes of the nose, throat, and eyes. This fact also brings in a rather important adjunct in the diagnosis and treatment of various skin diseases in so-called contact dermatitis cases, or irritating conditions of the skin due to various proteins and chemicals. Poison oak is a rather common form of contact dermatitis and is more or less familiar to all.

The diagnosis of various allergic conditions is usually made from the history of the case and the results of the skin tests. Various kinds of skin tests are in use: the contact one of rubbing the suspicious protein on the skin; the scratch method, which has been in use the longest and which is not quite so sensitive as the more improved intradermal test, places the protein into a scratched area made through the outer layer of the skin; and the intradermal, or most delicate method which injects a small quantity of the protein into the outer layer of the skin.

The skin reactions are explained by the fact that a substance designated as a reagin, which is an atopic antibody peculiar to the human, is usually fixed in the skin of the individual that is allergic. These reagins are usually present within two minutes from the time the hypersensitive individual becomes exposed to the protein, and they remain in the skin areas for many weeks following this exposure. A positive reaction from these tests manifests itself within five to fifteen minutes in the form of a small hive or swelling that sends out pseudo-pods, or branches, and frequently produces a red reaction around the swelling.

The number of these protein tests may run into

the hundreds, but it is usually only necessary to do a selected number for each individual case. Each case has to be studied minutely and individually; and one must remember that a mohair Chesterfield really contains goat hair, and that a mattress may be made of either horse hair, kapok, silk floss, cotton, etc., any of which may be trouble makers to the sufferer in question.

When positive reactions are obtained with food, it is usually sufficient to eliminate the reacting foods from the individual's diet. The most minute quantity of the offending food may provoke an attack in a susceptible individual. For this reason one has to consider that eggs may be present in ice cream, cake, and various foods of that type.

The best "desensitizing" results are usually obtained in hay fever, as in these individuals one or more pollens frequently show positive skin tests, and solutions made from these pollens can then be prepared and very minute, gradually increasing doses injected into the individual to raise his tolerance against that causative protein. This strength is usually continued at two to four weeks throughout the year. Similar plans are employed in asthma cases due to bacteria, emanations, dust, etc.

Seasons affect hay fever mainly by the fact that the various grasses, trees, and flowers pollinate at definite times. The weather or environment are factors only to the extent that they may affect the concentration of the offending protein or pollen with which the allergic individual comes in contact.

By these methods over fifty per cent of the asthma cases can be so-called cured, and a higher percentage greatly improved in health. In from eighty to ninety per cent of hay fever cases we can assure the individual that he can be so-called cured or distinctly benefited by this method of treatment, but the treatments may have to be continued each year.

Better to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught,
The wise for cure on exercise depend;
God never made His work for man to mend.

—Dryden.

He whose blood is red, whose muscles are hard,
whose sleep is sound, whose digestion is good, whose
posture is erect, whose nerves are steady, has a good
bank account in life—he possesses that which con-
tributes to happiness, to accomplishment, to service,
to society, to state and to country.—Calvin Kendall.

TEN HEALTH COMMANDMENTS

1. Help yourself to health. Form habits that will fight for you, not against you.
2. Do not expect to have good health without effort. Health must be earned.
3. Adopt the policy that an ounce of prevention is worth a pound of cure.
4. Make food your servant, not your master. Eat for strength.
5. Breathe deeply, for air is life's first requisite and Nature's best tonic.
6. Exercise for health, not for strength. Exercise sends clean blood to the brain.
7. Seek sunshine, for sunshine and disease are always enemies.
8. Water—use plentifully daily; warm for cleanliness, cold for tonic.
9. Keep a clear conscience, for true rest is mental as well as physical.
10. Work planfully, read much, and play often. Play keeps old age at bay.

—Food Facts.

RULES FOR HOSPITAL CARE OF POLIOMYELITIS

The following resolution was enacted by the State Board of Public Health at its regular meeting of July 13, 1935:

Resolved, By the California State Board of Public Health at its meeting on July 13, 1935, that in the light of present knowledge concerning poliomyelitis in California, it is desirable from the standpoint of prevention of the disease, that the following rules of guidance be observed in California:

1. That poliomyelitis patients should not be treated in the regular wards of a general hospital, and that the constituted authorities of such general hospitals be so notified, isolation buildings being recommended.

2. That wherever possible, the nursing personnel used in the care of poliomyelitis patients be composed of nurses who are at least thirty-five years of age.

J. D. DUNSHEE, M.D.,

Director, State Department of Public Health.

The man who has not anything to boast of but his illustrious ancestors is like a potato—the only good belonging to him is underground.—Sir Thomas Overbury.

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH**DISEASES REPORTABLE IN CALIFORNIA
REPORTABLE ONLY**

ANTHRAX
BERIBERI
BOTULISM
COCCIDIOIDAL GRANU-
LOMA
DENGUE*
FLUKE INFECTION
FOOD POISONING
GLANDERS***
HOOKWORM
JAUNDICE (Infectious)

MALARIA*
PELLAGRA
PNEUMONIA (Lobar)
RELAPSING FEVER
ROCKY MOUNTAIN
SPOTTED FEVER
SEPTIC SORE THROAT
TETANUS
TRICHINOSIS
TULAREMIA
UNDULANT FEVER

ISOLATION OF PATIENT

CHICKENPOX**
DYSENTERY (Amoebic)
DYSENTERY (Bacillary)
ERYSIPELAS
GERMAN MEASLES**
GONOCOCCUS INFECTION
INFLUENZA
MEASLES**
MUMPS**

OPHTHALMIA NEONA-
TORUM
PSITTACOSIS
RABIES (Animal)**
RABIES (Human)
SYPHILIS
TRACHOMA
TUBERCULOSIS
WHOOPIING COUGH**

QUARANTINABLE

CHOLERA***
DIPHTHERIA
ENCEPHALITIS (Epidemic)
LEPROSY
MENINGITIS (Epidemic)
PLAGUE***
ACUTE ANTERIOR
POLIOMYELITIS

SCARLET FEVER
SMALLPOX
TYPHOID AND PARA-
TYPHOID FEVER
TYPHUS FEVER
YELLOW FEVER***

* Patients should be kept in mosquito-free room.
** Nonimmune contacts isolated also.
*** Cases to be reported to State Department of Public Health by telephone or telegraph and special instructions will be issued.

Professor Edwin B. Wilson of Harvard summarized much wisdom in his general considerations of growth and nutrition. He finds we can have no intelligent program of eugenics until we know what kind of people we want; and if we were agreed upon that point we should still lack knowledge of heredity to advance the race or family. Biologists must fill in many vacancies in fact before physicians and sociologists can do more than accept heredity, aid the heritages and adjust the growing child to its environment. That certain kinds of beings should not be reproduced, that the inferior are outbreeding the superior, and that voluntary restriction of births is widely but not wisely practiced are equally recognized. As for the relation of child labor, war and other sociologic factors, we must confess that correlations can not be implicitly trusted, though the effect of unsuitable work on growth is an obvious fact in individual instances.—Haven Emerson, M.D., *The Survey*.

He most lives who thinks most, feels the noblest, acts the best.—Philip J. Bailey.

MORBIDITY

Complete Reports for the Following Diseases for the Week Ending July 6, 1935.

Chickenpox

288 cases: Alameda 15, Albany 5, Berkeley 12, Oakland 5, Pleasanton 1, Fresno County 5, Reedley 1, Lake County 1, Los Angeles County 18, Alhambra 5, Azusa 1, Compton 1, Culver City 1, Glendale 14, Huntington Park 1, Inglewood 3, Long Beach 2, Los Angeles 29, Pasadena 10, Pomona 1, San Gabriel 1, Santa Monica 9, Sierra Madre 1, Torrance 1, South Gate 1, Gardena 1, San Anselmo 1, Yosemite 2, Orange County 1, Santa Ana 4, Laguna Beach 1, Riverside County 1, Riverside 1, Sacramento County 1, Sacramento 4, Colton 2, San Diego 21, San Francisco 50, San Joaquin County 6, Stockton 12, San Luis Obispo 1, San Mateo County 2, Daly City 2, Redwood City 3, Santa Barbara County 2, Lompoc 5, Santa Barbara 10, Santa Clara County 1, Palo Alto 2, San Jose 1, Sonoma County 1, Turlock 1, Tulare County 1, Yolo County 2, Woodland 2.

Diphtheria

21 cases: Hayward 1, Oakland 1, Brawley 1, Calexico 1, Los Angeles County 2, Hermosa 1, Los Angeles 6, Orange County 1, Sacramento 4, San Diego 1, San Francisco 2.

German Measles

192 cases: Alameda 2, Berkeley 1, Oakland 8, El Dorado County 1, Fresno County 1, Lassen County 2, Los Angeles County 24, Alhambra 1, Huntington Park 3, Inglewood 2, Los Angeles 15, Pasadena 5, Redondo 1, Santa Monica 1, Monterey Park 2, Bell 1, Madera County 2, San Anselmo 13, Orange County 1, Anaheim 2, Orange 1, Santa Ana 2, Riverside 2, Sacramento 8, San Diego County 1, Chula Vista 1, Escondido 1, San Diego 18, San Francisco 40, San Joaquin County 2, Stockton 6, San Mateo County 1, Burlingame 3, San Mateo 1, Santa Clara County 1, Mountain View 1, Palo Alto 4, San Jose 1, Willow Glen 1, Shasta County 6, Santa Paula 1, Woodland 2.

Influenza

20 cases: Oakland 1, Los Angeles County 1, Glendale 2, Inglewood 1, Los Angeles 10, San Fernando 2, Santa Ana 1, San Diego 1, Turlock 1.

Malaria

2 cases: Contra Costa County 1, San Joaquin County 1.

Measles

482 cases: Alameda County 3, Alameda 3, Berkeley 7, Oakland 7, Sutter Creek 4, Contra Costa County 8, Fresno County 4, Fresno 4, Kern County 2, Bakersfield 1, Hanford 1, Los Angeles County 24, Beverly Hills 1, Burbank 9, Glendale 4, Inglewood 2, Long Beach 27, Los Angeles 28, Pasadena 6, Redondo 1, San Fernando 1, Santa Monica 1, Sierra Madre 1, South Pasadena 1, Whittier 8, Lynwood 1, South Gate 1, Maywood 1, Madera County 6, Madera 2, Marin County 2, San Anselmo 1, Yosemite 1, Modoc County 1, Soledad 5, Nevada County 1, Orange County 28, Anaheim 1, Fullerton 1, Huntington Beach 1, Newport Beach 3, Orange 5, Santa Ana 26, Seal Beach 2, La Habra 1, Laguna Beach 1, Placentia 3, Tustin 11, Riverside County 1, Beaumont 4, Sacramento 29, San Bernardino County 2, Colton 2, Ontario 1, Redlands 2, San Bernardino 5, San Diego 5, San Francisco 45, San Joaquin County 15, Stockton 3, San Luis Obispo 1, San Mateo County 1, San Mateo 2, Santa Barbara County 1, Lompoc 4, Santa Clara County 6, Mountain View 5, Palo Alto 13, San Jose 37, Santa Clara 1, Willow Glen 2, Watsonville 1, Sierra County 1, Solano County 2, Sonoma County 5, Turlock 7, Tulare County 3, Ventura County 2, Santa Paula 1, Yolo County 2, Woodland 8.

Mumps

89 cases: Alameda 14, Albany 1, Berkeley 2, Oakland 9, San Leandro 1, Sutter Creek 3, Colusa County 1, Fresno County 2, Lake County 1, Los Angeles County 4, Alhambra 1, Glendale 2, Los Angeles 7, Sacramento 8, San Bernardino County 1, Colton 1, San Diego County 1, Chula Vista 1, San Diego 8, San Francisco 2, Lodi 1, Stockton 5, San Luis Obispo County 2, Santa Barbara 1, Santa Maria 3, Santa Cruz 5, Davis 1, Woodland 1.

Pneumonia (Lobar)

29 cases: Berkeley 1, Contra Costa County 1, Los Angeles County 6, Long Beach 1, Los Angeles 5, Montebello 1, Santa Monica 1, South Gate 1, Maywood 1, Brea 1, Riverside County 1, Sacramento 2, Colton 1, San Diego 2, San Francisco 1, San Joaquin County 3.

Scarlet Fever

85 cases: Oakland 3, El Dorado County 1, Kern County 3, Hanford 4, Los Angeles County 4, Alhambra 2, Long Beach 1, Los Angeles 16, Pasadena 1, Whittier 1, Monterey County 3, Salinas 1, Napa County 2, Orange County 1, Anaheim 1, Santa Ana 1, Auburn 1, Sacramento County 1, Sacramento 11, San Diego 3, San Francisco 11, San Joaquin County 3, Lodi 1, Stockton 2, Santa Clara County 1, Santa Cruz 1, Vacaville 1, Sonoma County 1, Yuba City 1, Yolo County 2.

Smallpox

4 cases: Los Angeles County 1, Los Angeles 1, Watsonville 1, Sonoma County 1.

Typhoid Fever

4 cases: San Joaquin County 3, Tulare County 1.

Whooping Cough

131 cases: Albany 2, Berkeley 5, Oakland 5, Reedley 6, Los Angeles County 4, Alhambra 1, Culver City 5, Inglewood 3, La Verne 1, Long Beach 2, Los Angeles 17, Redondo 3, San Fernando 1, Torrance 2, Lynwood 3, South Gate 2, San Anselmo 1, King City 1, Brea 1, Fullerton 1, Huntington Beach 1, Laguna Beach 1, Placer County 1, Riverside County 1, San Diego County 1, Chula Vista 3, San Diego 4, San Francisco 34, San Joaquin County 5, Stockton 10, San Mateo 1, Santa Clara County 1, Palo Alto 1, San Jose 1.

Meningitis (Epidemic)

2 cases: Fresno 1, San Jose 1.

Dysentery (Amoebic)

2 cases: Colton 1, Petaluma 1.

Pellagra

1 case: San Diego.

Poliomyelitis

31 cases: Kern County 7, Bakersfield 1, Los Angeles County 2, Glendale 1, Hermosa 1, Long Beach 1, Los Angeles 11, Montebello 1, Riverside 1, San Luis Obispo County 1, Santa Clara County 1, San Jose 1, Tulare County 2.

Encephalitis (Epidemic)

2 cases: Long Beach 1, Orange County 1.

Paratyphoid Fever (Beta Type)

1 case: San Francisco.

Rocky Mountain Spotty Fever

1 case: Alpine County.

Trichinosis

1 case: San Francisco.

Undulant Fever

4 cases: Riverside 1, San Bruno 1, South San Francisco 2.

Coccidioidal Granuloma

2 cases: Kern County 1, Bakersfield 1.

Relapsing Fever

1 case: California.*

Rabies (Animal)

8 cases: Burbank 1, Los Angeles 4, San Joaquin County, Stockton 1, Stanislaus County 1.

* Cases charged to "California" represent patients ill before entering the State or those who contracted their illness traveling about the State throughout the incubation period of the disease. These cases are not chargeable to any one locality.

There are two sorts of education. There is the education where you get your knowledge and the education which is equally important, of friction with other human beings and that you can not get as long as you sit by yourself in your lodgings. You only get it through rubbing your brains with those of other people. You get the corners knocked off, you learn toleration and you emerge an infinitely better fellow, able to get at work at once among your fellow men. Work will be infinitely better done if you have gone through that process of friction and massage with other human minds and men.—Rt. Hon. Stanley Baldwin.